



Genetic Epidemiology of Prostate Cancer in Africa
Saliva sampling Procedure

Procedure for collection of saliva

Instructions for sampling:

- 1) Name and date of birth of participant should be verified prior to sampling.
- 2) Before spitting, rinse mouth with water to get rid of food particles. Then wait at least 1 minute before spitting.
*Some people may find it hard to spit so much saliva at one time. Sometimes it may be easier to spit more after placing ¼ tsp of sugar onto the tongue.
- 3) Spit saliva into the container.
- 4) Continue spitting until the amount of liquid saliva (not counting foam) reaches the fill line.
- 5) Squeeze down the lid allowing release of liquid in cap to mix with the saliva.
- 6) Unscrew the lid and replace with the sterile screw cap lid provided.
- 7) Mix tube 10 times. Ensure sample tubes are labeled with the date and study code and perform second checking to confirm accurately labeling of sample.
- 8) Place tube into biohazard bag and convey to the lab for extraction.
- 9) Samples should be stored at room temperature prior to extraction.
- 10) The date of sampling and storage location prior to extraction should be logged as well as the date.
*Samples may be stored for up to 3 months prior to extraction.